

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.



1.9  
H955R

HOUSEHOLD CALENDAR



Next Winter's Food Supply

A radio talk by Miss Ruth Van Deman, Bureau of Home Economics, delivered in the Department of Agriculture period of the National Farm and Home Hour, broadcast by a network of 50 associate NBC stations, Wednesday, August 22, 1934.

MR. SALISBURY: Now for another of Miss Van Deman's Household Calendar talks. And by the way, I'm sorry we can't always have these home economics talks on the same day of the week. We once planned to make Tuesday the Household Calendar day. But you know how it is, "the best laid plans of mice and men, gang aft a-gley." And for the last year or so, things have happened so fast down here in Washington that we've had to change our radio program oftentimes at the last minute. But, Miss Van Deman, your Household Calendar always seems to be full of news any day in the week.

MISS VAN DEMAN: Yes, this business of housekeeping goes on 7 days in the week and 52 weeks in the year just like the weather. And speaking of the weather, the drought has been front page news for so long that we are seeing the effects of it back on the household page now. It's no wonder, of course, but suddenly this last week everybody got all stirred up and started to ask what the drought is going to mean to our meals next winter, and whether it's going to change our food habits and seriously affect our nutrition. Lots of newspaper reporters have come around to find just what light the home economics people can throw on this question.

That in itself is a mighty interesting sign of the times. It shows that people are realizing more and more the connection between food and health in a scientific way. Of course always when there have been great droughts afflicting nations, people have feared there wouldn't be enough food to go around. But I venture to say this is the first great drought when people have worried about it in terms of protein and calories and vitamins. Which means that we're beginning to understand the difference between plain old-fashioned hunger and the "hidden hunger" of malnutrition that comes from the lack of certain elements in our diet that we can't even see or taste or smell.

Some of you probably heard Miss Stiebeling's talk over the radio one evening last week. You remember she said that we will have food enough and food of the right kinds to safeguard health if - (and here's the real crux of the matter) - if we avoid waste and use our heads to distribute supplies wisely and if we use our skill as cooks to serve the common everyday foods in appetizing ways. Well, I guess we weren't pioneers for nothing two or three generations back. We have a lot of things to help us though that our grandmothers never dreamed of. Canned tomatoes and snap beans, and canned meats and frozen fresh fish, and dried and evaporated milk, and fresh oranges and grapefruit, and peanut butter, and packaged cheese, and dozens of other foods we take for granted. They had to really study how to make cracked wheat and corn meal and tough meat look different and taste different day after day.

Fortunately the hot dry weather in some places anyway hasn't hurt the

(Over)

- 3 -

tomato crop very much. That's a mercy, because tomatoes are one of the foods rich in vitamins that help to ward off that "hidden hunger", I spoke of a moment ago. Then Mr. Beattie tells me that there's still time to sow fall spinach and turnips in lots of places. The green leafy vegetables, turnip greens included, are also in the class of "protective" foods.

The supply of wheat and corn and rice and oats - all the cereals we use as the backbone of our diet - is ample, notwithstanding what you may hear to the contrary.

One of the mistakes we are most likely to make in a time like this, I believe, is to forget to keep the right balance between the different kinds of foods we need. Once you get a clear idea of the different groups of foods the body needs and why, then you can tell what foods to substitute for the ones that are scarce and still keep your diet well balanced.

Miss Stiebeling and the other food specialists in the Bureau of Home Economics have worked out a very simple diet plan called "Getting the most for your food money." This describes ever so briefly what different types of foods our bodies need and tells how to divide up the food dollar so as to obtain the most food value at small cost. And when I say cost I mean also the foods you raise at home. They have a money value, even if you don't spend your cash for them. They represent your time and labor. Many of you have already written in for this leaflet called "Getting the most for your food money." We still have some copies and we'll be glad to send them to any one who wants this kind of help in planning meals for good nutrition. Also from time to time this winter as we know more definitely what foods will be scarce and what plentiful, I'll pass along to you suggestions from our food laboratories. For one thing, there are plenty of savory dishes to be made from the less tender cuts of meat, if well-marbled steaks and chops and roasts get too far out of sight.

Week after next, right after Labor Day, Mrs. Rowena Schmidt Carpenter will give you a Household Calendar talk on school lunches.